

HEALTH

How to Create a Dust-Free Bedroom

If you are dust-sensitive, especially if you have allergies and/or asthma, you can reduce some of your misery by creating a "dust-free" bedroom. Dust may contain molds, fibers, and dander from dogs, cats and other animals, as well as tiny dust mites. These mites, which live in bedding, upholstered furniture and carpets, thrive in the summer and die in the winter. They will, however, continue to thrive in the winter if the house is warm and humid. The particles seen floating in a shaft of sunlight include dead mites and their waste products; the waste products actually provoke the allergic reaction.

To create a dust-free bedroom, you must reduce the number of surfaces on which dust can collect. In addition to getting medical care for your dust allergy and/or asthma, the National Institute of Allergy and Infectious Diseases suggests the following guidelines.

Steps for a Dust Free Bedroom

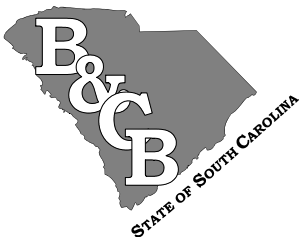
1. Preparation

- ◆ Clean and scrub the woodwork and floors thoroughly to remove all traces of dust.
- ◆ Wipe wood, tile or linoleum floors with water, wax or oil.
- ◆ If you use linoleum, cement it to the floor.
- ◆ Close the doors and windows until the dust-sensitive person is ready to occupy the room.

2. Maintenance

- ◆ Wear a filter mask when cleaning.
- ◆ Clean the room thoroughly and completely once a week.
- ◆ Clean floors, furniture, and window frames with a damp cloth or oil mop.
- ◆ Carefully vacuum carpet and upholstery regularly.
- ◆ Use a special filter in the vacuum.
- ◆ Wash curtains often at 130 degrees Fahrenheit.

Visit the National Institute of Allergy and Infectious Diseases at <http://www.niaid.nih.gov> to learn more about allergies and asthma.



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